



CABINET FOR HEALTH SERVICES  
COMMONWEALTH OF KENTUCKY  
FRANKFORT, 40621-0001



DEPARTMENT FOR MEDICAID SERVICES  
"An Equal Opportunity Employer M/F/D"

December 10, 2003

Nurse Aide Training Provider Letter # A-198

Dear Nurse Aide Training Provider:

The Kentucky Community and Technical College System (KCTCS) Medicaid Nurse Aide Testing Procedures Manual and Study Guide, Page 25, Giving Female Perineal Care, evaluation procedure has been revised to reflect the current curriculum.

There are now seventeen (17) steps in this procedure. The new steps are seven (7) and nine (9). A copy of Page 25 is enclosed. The KCTCS nurse aide website <http://unity.kctcs.edu/dscqi/ds.py/View/Collections-1264> has been updated to reflect this change. This revised procedure is effective January 1, 2004.

If you have any questions, please contact Vicki Barber, R.N. at (502) 564-5707.

Sincerely,

Mike Robinson  
Commissioner

MR/vb.

Enclosure

"...promoting and safeguarding the health and wellness of all Kentuckians."



## **GIVING FEMALE PERINEAL CARE**

1. Identify and greet resident. Explain procedure to resident. Wash your hands. Provide for privacy.
2. Position the resident on her back and drape with a bath blanket.
3. Fill the wash basin with water that is 105 – 109 degrees.
- \*4. Put on disposable gloves.
5. Place a waterproof pad under buttocks.
6. Assist the resident to flex knees and spread legs, if able. Otherwise, help the resident to spread legs as much as possible with knees straight.
7. Apply soap to a washcloth.
- \*8. Separate the labia. Clean downward from front to back with one stroke.
9. Repeat steps 7 & 8 until the area is clean. Use a clean part of the washcloth for each stroke. Use more than one washcloth if needed.
- \*10. Rinse the perineum with a washcloth. Separate the labia. Stroke downward from front to back.
11. Pat the area dry with the towel.
12. Assist the resident to lower the legs and turn onto the side, away from you.
- \*13. Wash, rinse, and pat dry the anal area. Wash from the vagina to the anus with one stroke.
- \*14. Remove and discard the gloves.
15. Remove the bath blanket. Empty and clean the basin. Return it and other supplies to their proper place.
- \*16. Attach signal light to bed or within reach of resident.
17. Wash your hands and report your observations to the nurse.

**\* Denotes Critical Procedure**